

# Weekly Class Review

DATE 04. / 08. / 25. CLASS: GrooveSk8 1, Tuesday 1 - 2 pm

## **CLASS THEME:** "Finding Your Style Part 2 - Posture & Balance"

### I. WARMUP & REVIEW

Sliding lunges forward and sideways  
Balance exercises: demonstration of foot adjustment inside the skate in standing one foot balance

Review stationary skate positions:  
"V" - forward, heels together, toes apart  
"T" - forward take-off position, forward-pointing foot's heel into instep of sideways, pushing foot.  
"A" - backward, toes together, heels apart

Skills demonstration & practice:  
Transferring weight keeping knee over toe as you shift weight over each foot.  
Rolling balance - free leg in front, in back, and out to the side to demonstrate the shift in weight when the free leg is moved  
One foot balance - noticing how the foot in the skate is adjusting all the time. Discussion of keeping the body stationary over the skate  
Heel pivots - weight distribution outside the arc and inside the arc, and practicing each for adding style and individuality.  
Practice "strolling" with heels pulling outside edges on either foot. Skating to music in the "Stroll"

We also started a new dance called "The Hez" that incorporates deep edges, heel "manuals", and toe-heel maneuvers. We'll be adding more skills to that dance in the next few weeks.

### **Instructor:**

Linda Sewell

### **Skating Discipline/Type:**

Beginning Contemporary Dance & Intermediate Fundamentals

**Class difficulty:**   
(1 star = not difficult; 5 stars = very difficult)

### **Key Skills Learned:**

- Notice the center of balance on the bottom of the foot inside the skate.
- Use the "axis" from foot through shoulder to adjust posture over the skating foot.
- Align the hips and shoulders to curve into an edge and "light the way along the path of the skate."

This week we discussed the conditions of the skating surface and the type and adjustment of the skate that directly affects the skater's ability to balance and establish good skating posture and alignment. Starting with the skating surface, working our way up through the skating equipment and then the body alignment in order to determine whether an adjustment needs to be done to the wheels, truck action, or boot fit/style.